



QUICK GUIDE

- Serving Size:** Pay attention to the serving size and how many servings there are in the food package, and then ask yourself, "How many servings am I consuming?" Make sure you measure your food accordingly!
- Amount of Calories:** Count your calories and know your calorie range. Make sure you are not eating more than you are burning in a day. And keep a deficit if you are trying to lose weight!
- Limit these Nutrients:** Make sure it's below 5% of Daily Value. Keep it as low as possible!
- Get Enough of these Nutrients:** Make sure this says at least 20% of Daily Value.
- Percent (%) Daily Value:** REMEMBER the DV % is based on a 2,000 cal diet, so use this as a frame of reference whether you consume more or less than 2,000 calories. **5% DV or less is low, and 20% DV or more is high for most nutrients.**
- Footnotes with Daily Values:** This lists the %DVs based on a 2,000 and 2,500 cal diet. And then lists the daily recommended nutrients amounts in grams or milligrams. Remember if you are eating less than 2,000 cals, you need less Fat, Cholesterol, and Sodium than listed.

Other Notes:

Maximum "Added" Sugar Intake:

Daily Calorie Intake	Grams of Sugar/Day	Teaspoons
1,200	21	5
1,500	26	6
1,800	31	7
2,100	36	9
2,400	42	10

Sodium: Consume less than 2,300mg/day. 140mg of sodium in a serving is considered a low sodium food. Limit daily intake to 1,500mg/day for weight loss, hypertension, diabetes, or chronic kidney disease.

Don't buy items with these ingredients:

- Hydrogenated or Partially Hydrogenated oil (*trans* fat)
- Shortening
- High-fructose corn syrup
- Artificial colors or flavors
- Refined Grains/White flour